ONE DRINK TOO MANY

About three in every 10 Americans will be involved in an alcohol-related crash at some time in their lives.

Just a reminder

- What is ALCOHOL?
- It is a depressant and an anesthetic.
- It puts your brain to sleep starting with the outer cortex. This is the part of the brain that separates us from the animals and gives us the

ABILITY TO THINK AND REASON.

The DANGER

- The most dangerous part of drinking is IMPAIRED JUDGEMENT!!!
- Includes; how much more I can drink, how drunk am I, can I drive, am I safe to go home with this person, and should I associate with this person?

And just a few of the Outcomes from Impaired Judgment.

- Casual sex (STD's, unwanted pregnancy).
- Driving under the influence.
- Decision to use drugs.
- Use more than intended, late for duty.
- Criminal activity- spousal and

  Child abuse, assaults.
- Accidents.
- ER visits.

The Message
DRINK RESPONSIBLY!

Low-Risk Drinking Choices Include Either:

A. Abstinence

OR

B. 0-2 drinks if daily

0-3 drinks if less than daily (females 2) some experts recommend 1 if drinking daily

AND

- No more than one drink per hour
- Not drinking during major stressful life events

HOWEVER, some should not drink at all….

- **Individuals of any age who cannot restrict their drinking to moderate levels.**
  This is a special concern for recovering alcoholics, problem drinkers, and people whose family members have alcohol problems.
- Know your own biological risk!!!!

- **We are not all created equal in terms of our biological risk. Know your family history. The one who "Holds their drink well" is the one who is at risk.**

Don’t Drink at all (Cont.)

- **Individuals who plan to drive, operate machinery, or take part in other activities that require attention, skill or coordination.**
  Most people retain some alcohol in the blood up to 2 to 3 hours after a single drink.

- **Individuals taking prescription or over-the counter medications that can interact with alcohol.**
  Alcohol alters the effectiveness or toxicity of many medications, and some medications may increase blood alcohol levels. If you take medications, talk to your MD.

And for Women....

Women who may become pregnant or who are pregnant.

A safe level of alcohol intake has not been established for women during pregnancy. Major birth defects, including fetal alcohol syndrome, can be caused by heavy drinking by the pregnant mother.

Alcohol Related Fatalities in Georgia and S. Carolina for 2010

State	Total Fatalities	Alcohol Related Fatalities	Rate
Georgia	1,292	333	26%
South Carolina	894	374	42%%

TOTAL U.S. FATALITIES FOR 2010 10,228
Down from 10,759 in 2009

Law of the Land .08

Why .08 BAC?

In single vehicle crashes, the relative fatality risk for drivers with blood alcohol content between .05 and .10 is over 11 times greater than for drivers with a BAC of zero.

BAC limit saves lives

As your blood alcohol content level rises, so does your risk of being involved in a fatal crash. Make the right choice.

How Your Body Reacts to Alcohol

BRAIN. Impaired function and judgment ability.

LUNGS. Infection; breathing can stop.

HEART. Irregular heartbeat.

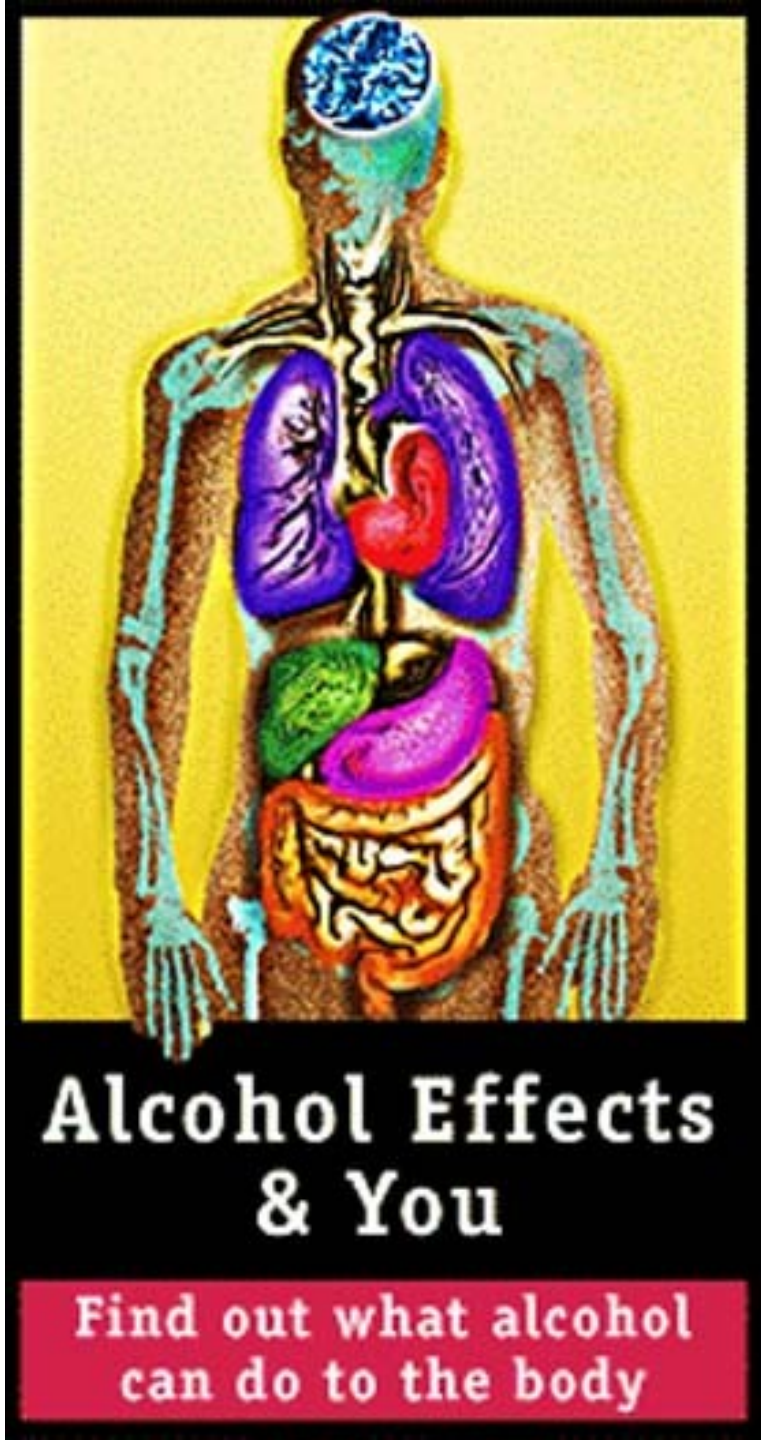
LIVER. Alcoholic hepatitis and cirrhosis.

STOMACH. Irritation, peptic ulcers, bleeding lesions, cancer.

INTESTINES & PANCREAS. Intestinal tract and colon damage, inflammation, ulcers, and cancer.

BONES & MUSCLES. Weaker and thinner bones (osteoporosis); weaker and uncoordinated muscles.

Source: VA ABC Department



Myths & Facts About Alcohol

Myth: "I only had one drink."

Fact: One drink can be one too many, since alcohol absorption starts immediately. Several factors such as strength of drink, rate of consumption, body size/weight, food, gender, and drug use can affect the outcome of even one drink.

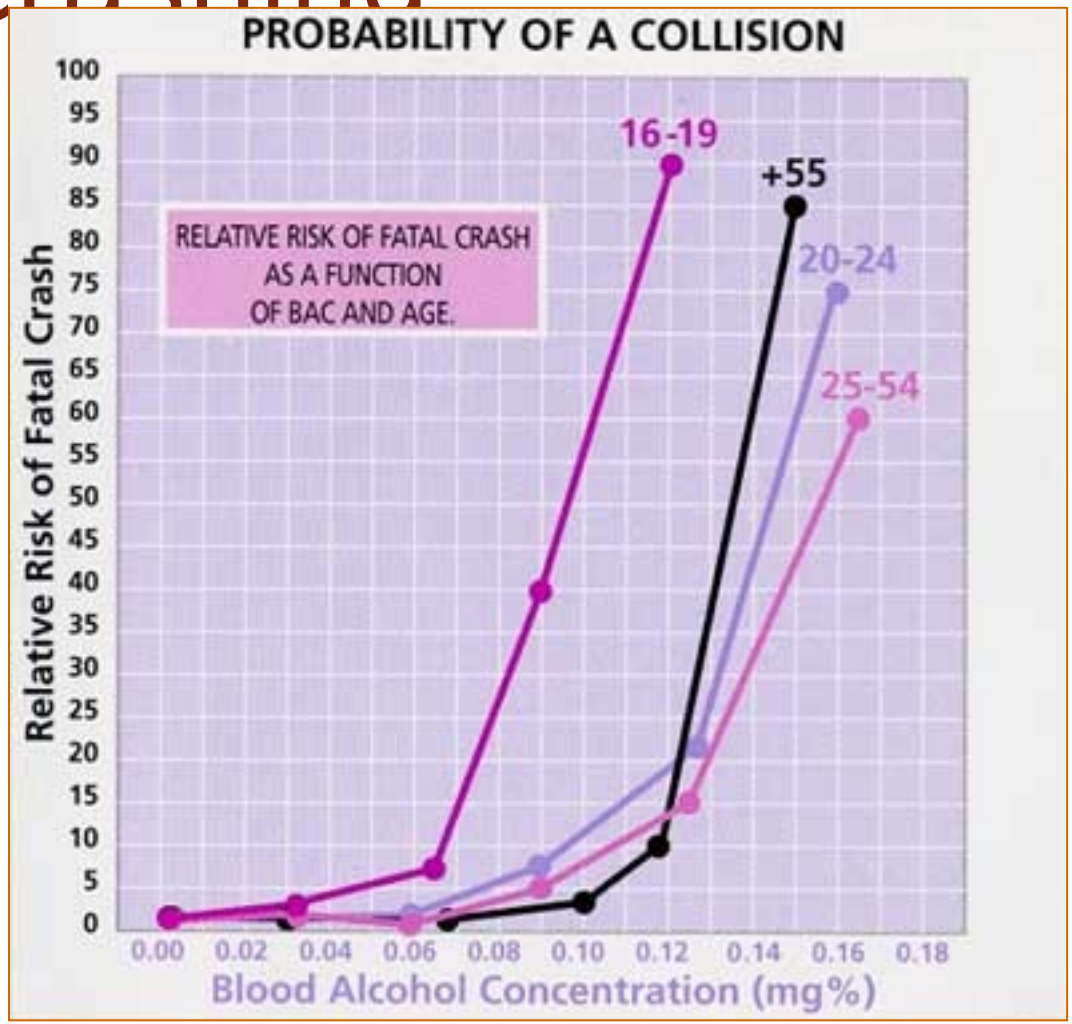
Myth: "I know when I'm too drunk to drive."

Fact: Your driving skills can be seriously compromised even when your behavior is not observably "drunk."

Myth: "Black coffee and fresh air will sober me up."

Fact: All the age-old remedies—black coffee, cold showers, fresh air, and exercise—are useless. Only time will sober you up.

What's Your Probability of Crashing?



Source: AAA Traffic Safety Department

The greater the blood alcohol concentration, the greater the risk of being involved in a

The Fact Remains that….

- **Motor-vehicle crashes are the leading cause of death in the United States for persons ages 1-34.**
- **Traffic fatalities in alcohol-related crashes fell by 4.9 percent, from10,759 in 2009 to 10,228 in 2010. Although this is definitely an improvement, it is still a lot of dead fellow citizens.**
- **To put this in perspective, it is equivalent to a fully loaded Boeing 747 crashing, and leaving no survivors, every 12 days all year long – over 29 airplanes in total.**

Do You Know How Much You Are Drinking?

- **One ounce of distilled spirits, one 4 oz. glass of wine, one 12 oz. beer contain the SAME amount of alcohol.**

- **A drink with 80-proof liquor would contain 40% PURE alcohol.**

- **A woman who consumes 2 oz. of**

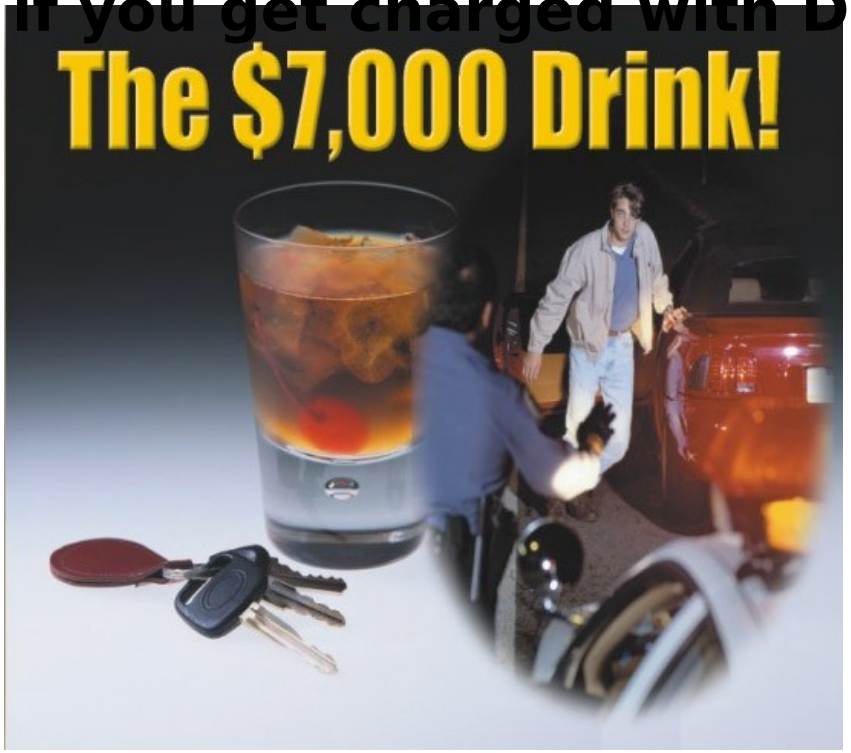
1 oz. distilled spirits at 100 proof

4 oz. wine at 12% alcohol

12 oz. beer at 4% alcohol

Thinking About Drinking and Driving?

A draft beer could cost you more than $3.50 if you don't give your keys to someone else. Here's a breakdown of how you'd spend most of your paycheck if you get charged with DUI.



IMMEDIATE COST:

Towing	$100
Lawyer	3,500
Fine	400
Alcohol Education Course	300
Court Fees	400

LONG-TERM COST:

Insurance Surcharge	1,500
License Reinstatement	1,000

TOTAL MONETARY COST: $7,200

INDIRECT COST:

Impact on career and personal life

Embarrassment to family and friends

Driving Under the Influence

THE LAW

Legal drinking age: 21
Level of blood alcohol content for DUI: .08
DUI conviction of military personnel: If charged at a court martial, the penalties could result in a dishonorable discharge, forfeiture of all pay and allowances, and confinement in the brig or 18 months.

INEXPENSIVE ALTERNATIVES

Call a taxi cab: $30-$50
Get a hotel room: $50-$100
Call a friend/co-worker/boss: FREE
Use command's cab ride program: FREE *(Cab ride policy varies by command)*

MAKING THE SMART CHOICE

Knowing you did not risk your life or the life of

The Ravages of Car Crash Injuries

If you survive a crash and live long enough to talk about it, this is what you'd have to live with.

During a crash, your chances of survival are reduced by slow reaction times, impaired judgment, and poor motor skills.

If you survive a crash and live, depending on the extent of injuries, you will most likely be subjected to extensive and painful medical treatments.

The monetary cost of your hospitalization and rehabilitation will have a high price tag. But the highest price you pay would be if you killed someone as a result of drinking and driving.

Holidays + Impaired Driving: Deadly Co

The holiday season is a good time for celebrating and traveling with family and friends. Make the decision not to drive when you've had too much to drink. Not only will you be a safer driver but you will be in a much

Thinking about drinking? Be smart and designate.

from the driver who doesn't make that choice

How To Spot A Drunk Driver

When a drunk driver is on the road, we are all at risk.

Warning signs to look for while you are driving:

- **Drifting, weaving, or hitting curbs**
- **Speeding or driving too slowly**
- **Giving inconsistent signals**
- **Braking erratically**
- **Stopping for no apparent cause**
- **Driving with the window rolled down in cold weather**
- **Tailgating and passing dangerously close to other cars**
- **Making wide turns and hitting objects near the road**

What You Can Do…

Safe driving requires more than just learning the necessary skills. Young adults need to adopt – and leaders need to encourage – safe attitudes and responsible behaviors.

- **Start an anti-drunk driving campaign at your command.**
- **Designate a “duty” driver when going out with friends.**
- **Ask to spend the night if at a home party.**
- **Do not give in to peer pressure. Use best judgment.**
- **Call for a ride or set a taxi ride program.**
- **Be a responsible host. Serve non-alcoholic drinks**

Make It A Great Party!

A Host's Guide to Good Times with Good Friends

1.
When serving alcoholic beverages, serve food as well.

2.
Serve "measured" drinks.

3.
Offer non-alcoholic beverages.

4.
Serve each guest one drink at a time.

5.
Stop serving alcohol at least one hour before the party ends.

6.
Help your guests get home safely.

ASAP Prevention Coordinator/

Employee Assistance Program Coordinator

202 7th Avenue, Bldg 38702

Civ 791-5797/714